

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY

PED 133 – GOLF I (1 CR.)

Course Description

Teaches basic skills of golf, rules, etiquette, scoring, terminology, equipment selection and use, and strategy. Part I of II. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This skill-related physical activity course is designed to develop agility, balance, coordination, power, reaction time, and speed through participation in a contact activity.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Demonstrate beginning skills with proficiency
- b) Correctly swing a golf club and analyze individual problems
- c) Select appropriate club for specific golf shots
- d) Explain the rules of the game
- e) Describe the basic techniques and strategies of a game of golf on a golf course

Major Topics to be Included

- a) Terminology and rules of golf
- b) The golf swing analysis
- c) Approach shots and putting
- d) Golf etiquette
- e) Club selection
- f) How to figure a handicap in golf
- g) Purchasing of equipment